



# UCOOK

## Hoisin Glazed Ostrich Meatballs

**with fluffy brown basmati rice & edamame beans**

Here we have the Asian-inspired, hoisin glazed meatballs of your dreams! Fragrant brown rice and a colourful pow of edamame beans will leave you in absolute taste bliss. Sprinkles of toasted cashews and spring onion round it out magnificently — truly a new foodie favourite!

---

**Hands-On Time:** 15 minutes

**Overall Time:** 35 minutes

---

**Serves:** 1 Person

---

**Chef:** Kate Gomba

---

♥ Health Nut

---

🍷 Warwick Wine Estate | First Lady Cabernet Sauvignon

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

100ml	Brown Basmati Rice
150g	Free-range Ostrich Mince
1	Spring Onion <i>finely sliced, keeping the white &amp; green parts separate</i>
1	Garlic Clove <i>peeled &amp; grated</i>
10g	Fresh Ginger <i>peeled &amp; grated</i>
15g	Cashew Nuts
50g	Edamame Beans
50ml	Hoisin Sauce
5ml	Vegetable Stock
7,5ml	Lime Juice
4g	Fresh Coriander <i>rinsed &amp; roughly chopped</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water

**1. FLUFFY BROWN RICE** Rinse the rice and place in a pot over a medium-high heat. Submerge in 300ml of salted water. Pop on a lid. Once boiling, reduce the heat and simmer for 25-30 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. On completion, drain if necessary and fluff up with a fork.

**2. MAKE THE MEATBALLS** In a bowl, place the mince, the spring onion whites, the grated garlic, and the grated ginger. Mix until well combined and season. Roll into 4-5 meatballs.

**3. PREP STEP** Boil a full kettle. Place the cashews in a pan over a medium heat. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pan on completion and roughly chop. Submerge the edamame beans in salted boiling water for 3-4 minutes until plumped up. Drain on completion.

**4. ALL TOGETHER NOW** Return the pan to a medium heat with a drizzle of oil. When hot, fry the meatballs for 2-3 minutes, until browned on all sides but not cooked through. Add in the hoisin sauce, the vegetable stock and 65ml of boiling water. Mix until fully combined and simmer for 4-5 minutes until slightly thickened, occasionally basting the meatballs. On completion, season with the lime juice (to taste) and a pinch of salt.

**5. EAT UP!** Plate up the fluffy rice. Top with the meatballs and smother in the silky hoisin sauce. Scatter over the edamame beans, the toasted cashew nuts and the spring onion greens. Garnish with the fresh coriander. Enjoy!



## Chef's Tip

If you're feeling fancy, slice the green parts of the spring onion into long, thin strips and place them in a bowl of ice water to make them curly for your garnish!

## Nutritional Information

Per 100g

Energy	850kj
Energy	203Kcal
Protein	12g
Carbs	25g
of which sugars	4.6g
Fibre	2.6g
Fat	6.5g
of which saturated	1.2g
Sodium	295mg

## Allergens

Gluten, Allium, Sesame, Wheat,  
Sulphites, Tree Nuts

Cook  
within  
4 Days